HAWC/CHPS HAPPENINGS January 2012

Monday Tuesday Wednesday Thursday Friday

2 	3 Lose Your Excuse (Bldg 533) 1100-1145 Stress Management for the Holidays (Bldg 533) 1145-1230	4 FTG Weight Out (Bldg 533) 0700-1600 FTG Weigh Out (Bldg 100) 0900-1000 FTG Weigh Out (Bldg 5 bay D) 1200-1300 Nutrition 101 1300-1400	5 FTG Weigh Out (Bldg 533) 0700-1600 FTG Weigh Out (Bldg 849) 1000-1100	6 FTG Weigh Out (Bldg 533) 0700-1600 d Pressure Clinic (Bldg 533) -1030
9 FTG Weigh Out (Bldg 533) 0700-1600 FTG Weigh Out (BX) 1100-1200 A New Year, A New You #1 (Bldg 1258) 1300-1400 FTG Weigh Out (Bldg 238) 1400-1500 Get Back in Shape 1500-1600	10 FTG Weigh Out (Bldg 533) 0700-1600 FTG Weigh Out (Bldg 1289) 0900-1000 FTG Weigh Out (Bldg 1515) 1100-1 Healthy lg 1515) 1200-1	11 FTG Weigh Out (Bldg 533) 0700-1600 FTG Weigh Out (Bldg 1234) 0900-1000 Walking for Health (Bldg 533) 1100-1200 A New Year, A New You #1 (Bldg 1239) 1100-1200 Diabetes Prevention 1300-1400 Get Back in Shape 1500-1600	12 FTG Weigh Out (Bldg 533) 0700-1600 FTG Weigh Out (Bldg 843) 1030-1130 A New ou # 1 (Bldg 1100-	13 FTG Weigh Out (Bldg 533) 0700-1600 FTG Weigh Out (Bldg 1224) 0900-1000 HAWC Classes Call 777-1215 to Sign Up CHPS Classes in blue Call 586-9584 to Sign Up
16 Holiday 	17 #1 Tobacco Cessation 0800-0900 A New Year, A New You #1 (Bldg 1295) 1000-1100 #1 Anger Management 0900-1100 Resolution Solution (Bldg 100 Bay G) 1200-1300	18 Hypertension 101 0900-1000 A New Year, A New You #1 (Bldg 1515) 1100-1200 A New Year, A New You #2 1100-1200 Tobacco Cessation SG 1400-1500 #1 Tobacco Cessation 1500-1600 Get Back in Shape 1500-1600	19 A Ne ou # 2 (Bldg 1224) 1100-1200 Cholesterol Education (Bldg 533) 1200-1300	20 Upon supervisor's approval federal
23 #2 Tobacco Cessation 0800-0900 A New Year, A New You #2 (Bldg 1258) 1300-1400 Get Back in Shape 1500-1600	24 #2 Anger Management 0900-1100 Healthy Eating at Work (Bldg 100 SW) 0900-0945 A New Year, A New You#2 (Bldg 1295) 1000-1100	25 A New Year, A New You # 2 (Bldg 1515) 1100-1200 A New Year, A New You (Bldg 1239) 1100-1200 Heart Healthy Eating 1300-1400	26 A New Year, A New You #3 (Bldg 1224) 1100-1200 Healthy Eating at Work (Bldg 533) 1200-1300	27 Hours of Operation Mon-Fri 0700-1600

HAWC CLASS DESCRIPTIONS

Anger Management Class: Got anger? Learn new techniques on how to understand where your anger comes from and how to modify the where, when and whys of it! This is a 4 part series meeting weekly for one month.

Diabetes Prevention: Learn about carbohydrate counting, portion size, label reading, low fat eating, smart shopping, fiber, artificial sweeteners, eating out and more. Held monthly.

Get Back In Shape: Looking for an opportunity to improve your health and PT score? If you are currently struggling with your PT scores or just out of shape and would like to improve your overall fitness. Come out and join us! Mondays: Cardio Wednesdays: Circuit Training

Heart Healthy Eating: This class focuses on low fat eating, portion control, fiber and antioxidant intake, label reading, shopping smart, and eating out.

Hypertension 101: This class is offered to help identify risk factors for hypertension and strategies to lower elevated blood pressure. Held monthly.

Nutrition 101: This class is offered monthly for those who are interested in learning about good eating habits. Focus will be on the Food Guide Pyramid, basic nutrition concepts, and basic weight management.

Tobacco Cessation Class: Quitting tobacco is the best gift you can give to yourself and to those who love you. The tobacco cessation class uses the American Cancer Society's "Freshstart" program. This is a 4 part series meeting one hour weekly for 1 month. All active duty, dependents, retirees, DOD civilians, and contractors are eligible to attend. On-line courses are also available if the classroom setting does not fit your schedule. The Utah Quit Line is also used and is coordinated with Davis County Health Department. The Utah Quit-Line includes Behavior Modification/Withdrawal Symptoms; Stress Management; Nutrition, Exercise and Relapse Prevention. All counseling is done at your convenience via the phone or Internet. Tobacco Cessation Support groups are held for anyone who needs that extra help [illegible] g free from falling into the tobacco trap again!

CHPS CLASS DESCRIPTIONS

Lose Your Excuse: Tips for a Healthier Holiday: Tips the season! Want to enjoy festive favorites and still have healthy holidays? Get started with some simple tips and suggestions from CHPS. We will discuss ways to incorporate more exercise and a healthy diet into your daily routine.

Stress Management for the Holidays: In an effort to pull off a perfect holiday, you might find yourself facing a dizzying array of demands: parties, shopping, baking, cleaning and entertaining, to name a few. So much for peace and joy, right? Actually, with some practical tips, you can minimize the stress and depression that often accompany the holidays. You may even end up enjoying the holidays more than you thought you would. Come join CHPS for stress management tips and techniques.

Healthy Cooking: Eating healthy is more than just choosing good foods, it's also about cooking food in a healthy way. Both are vital parts to making sure your body is getting the proper vitamins and nutrients it needs on a daily basis. Come learn the ins and outs of modifying recipes and how to cook healthier.

Walking for Better Health: Walking is one of the easiest ways to be physically active. Walking is a low impact exercise with high benefits. You can do it almost anywhere and at any time. Come join CHPS and learn how to incorporate walking into your daily routine.

A New Year, A New You: The New Year is upon us! This program is for those who make the New Year resolution to eat healthier or shape up, and would like the tools and support to make these goals happen. This is a three week series which encompass the following classes: Resolution Solution, Nutrition Basics/Super Market Shopping, Fitness Basics.

 # 1 Resolution Solution: The New Year is here! Are you prepared to set realistic new years' resolutions, which you will stick to accomplishing?! Come learn how effective goal setting can help you achieve successful behavior change.

#2 Nutrition Basics & Super Market Shopping: Good nutrition starts with smart choices in the grocery store. Cooking up healthy meals can be simple if you are prepared. This class will cover the basic food groups and how to find the best options available at the grocery store.

#3 Fitness Basics: Starting a fitness program may be one of the best things you can do for your health. After all, physical activity can reduce your risk of chronic disease, improve your balance and coordination, help you lose weight — even boost your self-esteem. This class will discuss the benefits of exercise, the different types of exercise, guidelines for creating an exercise program, and lifestyle changes to enhance fitness.

Cholesterol Education: High cholesterol affects 42 million Americans, and 63 million more have borderline high cholesterol. Lowering cholesterol levels that are too high reduces our risk of developing heart disease. Come find out what high cholesterol is and what you can do to improve or control your numbers!

Healthy Eating at Work: We spend the majority of our weekday at work, which m[illegible]g healthy eating habits an important part of overall health. Come learn healthy eating habits at work. We will discuss methods to healthier snacking, lunches, and conven[illegible] can do while at work.

Classes are open to civilians, contractors, active duty, dependents, retirees, and reserves. Classes are held @ the Health & Wellness Center, Bldg. 533, unless otherwise noted.

Please call the HAWC to register @ 777-1215. Please call CHPS to register @ 586-9584. Visit our website at www2.Hill.Af.Mil/HAWC and www.AFMCwellness.com